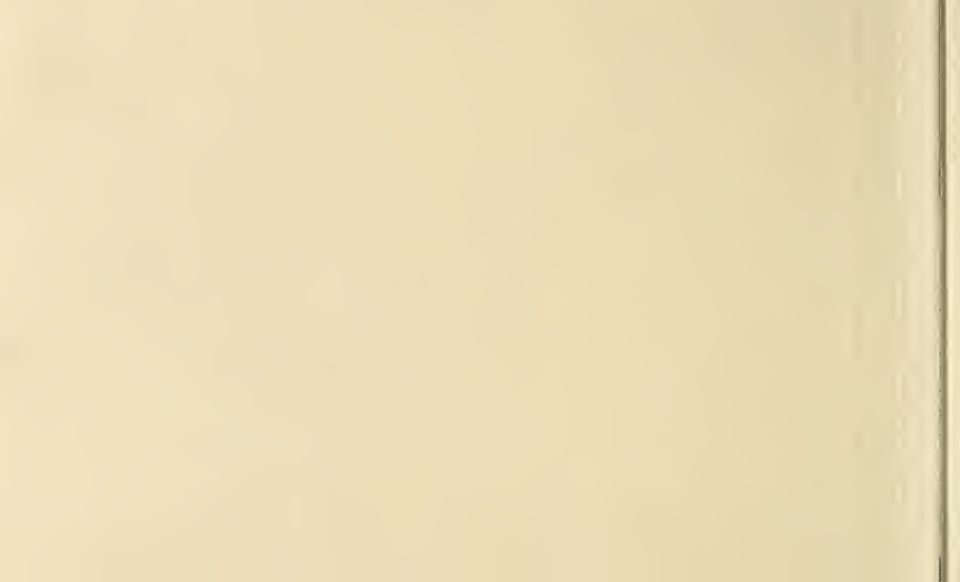
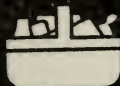


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CONSUMERS'
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Library, U. S. Dept. of Agriculture FOOD BUYING

CONSUMER TIPS > >

ECONOMY RULES

1. Plan menus for entire week and buy a week's supply at a time.
2. Buy by weight or measure, not by so many cents' worth.
3. Watch scales; compare can labels for lowest cost per ounce of contents.
4. Pay cash, carry groceries when cheaper than charging.
5. Look for U.S. Gov't. grades on canned foods, eggs, meat; lower grades as nutritious & often as satisfactory.
6. Be versatile when shopping; change menu to fit bargains.
7. Buy foods when in season, most plentiful, cheapest.
8. Buy in bulk when cheaper than packages; rice, beans, etc.

RULES FOR CERTAIN FOODS

MILK: If whole milk costs too much, use skim, evaporated or dried milk. Learn cheapest way milk is sold in your city.

MEAT: U.S. Government beef, veal, lamb grades - PRIME, CHOICE, GOOD, COMMERCIAL, UTILITY: select low-cost grade, cook slowly. Use low-cost cuts: heart, kidney, tongue, liver, lamb shank, plate, brisket, neck; pork spareribs, feet, neck bones, jowl butts. As change from meat, try main dish of inexpensive fish, navy beans, or cheese.

EGGS: Select grades according to use: "Specials" or "Extras" for table use; "Standard" or "Ungraded" for cooking.

FATS: Compare costs of all table & cooking fats & oils.

BREADS: Buy whole-grain or enriched; day-old bread cheaper.

FRUITS & VEGETABLES: Eat fresh in season; out of season, use home-canned fruits, dried fruits & vegetables. CT-87

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